

DINNERLY



Balanced Tofu and Lemongrass Stir-Fry with Vermicelli Noodles and Pak Choy



30 minutes



2 Servings

Colourful and packed with flavour, this Thai-spiced stir-fry with satay tofu and noodles is just the thing to banish the winter blues.

WHAT WE SEND

- 1 red capsicum
- 1 carrot
- 1 bunch pak choy
- coriander
- 150g vermicelli noodles
- 200g peanut satay tofu ^{1,5,6}
- 5g Thai seasoning ¹⁷

WHAT YOU NEED

- 1 egg ³
- 1 tbs vegetable oil
- 1½ tbs soy sauce ⁶
- 1½ tsp honey

TOOLS

- medium saucepan
- julienne peeler or box grater
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Peanuts (5), Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 650kcal, Fat 21.1g, Carbs 82.8g, Proteins 27.8g



1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles. Thinly slice the **capsicum**. Peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater. Coarsely chop the **pak choy**, keeping the stems and leaves separate. Pick the **coriander** leaves, then finely chop the stems.



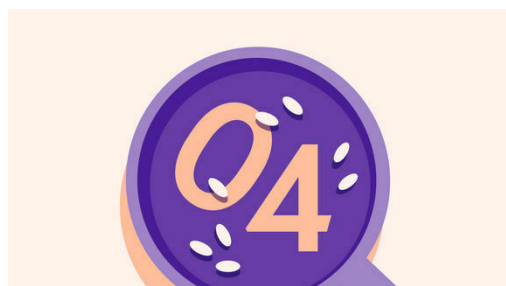
2. Cook noodles

Cook the **noodles** in the pan of boiling water for 7 mins or until tender. Drain, then rinse under hot water to prevent the noodles from sticking. Meanwhile, whisk **1 egg** in a bowl and season with **salt and pepper** (see Make it yours).



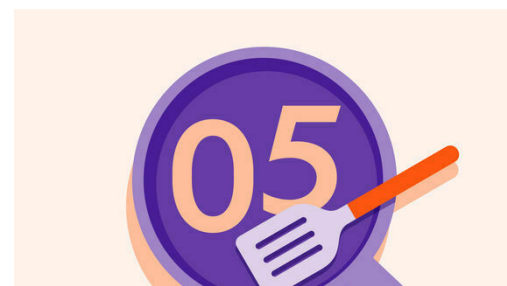
3. Warm tofu

Heat **2 tsp vegetable oil** in a medium deep frypan over medium-high heat. Cook the **tofu** for 3 mins each side or until browned. Remove from the pan. Heat **2 tsp vegetable oil** in the same pan over medium heat. Cook the **capsicum** and **pak choy stems**, stirring occasionally, for 5 mins or until tender.



4. Add seasoning

Add the **carrot**, **coriander stems** and **2 tsp Thai seasoning** to the veggies and cook, stirring, for 1-2 mins until fragrant. Push the veggies to one side of the pan, add the **egg** to the other side and cook, stirring occasionally, for 1 min or until scrambled.



5. Serve up

Thinly slice the **tofu**. Add the tofu, **noodles**, **pak choy leaves**, **1½ tbs soy sauce** and **1½ tsp honey** to the veggie mixture and toss until combined and warmed through. Taste, then season with **salt and pepper**. Divide the **tofu noodle stir-fry** among bowls, scatter over the **coriander leaves** and enjoy!



6. Make it yours

We've scrambled the egg and tossed it through the stir-fry, but topping the stir-fry with fried eggs instead also works well.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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